

Mental Health Awareness

Course information



tnta
THE NATIONAL TRAINING ACADEMY



Overview

People are NOT born with a mental illness, although some people are more susceptible. Mental illness is an umbrella term to describe a wide range of conditions. Mental illness sometimes runs in families and susceptibility is passed on through genes.

Many experts believe mental illnesses are linked to abnormalities in many genes rather than just one. They also believe that the environment plays a big part, which is why a person inherits a susceptibility to a mental illness and doesn't necessarily develop the illness.

In this Mental Health Awareness course you will look at some of the terms used to describe mental health, the stigma and discrimination surrounding mental ill health, the different

This course contains the following modules:

Module 1 - Understanding mental health: In this module we will look at neurosis and psychosis which are both symptoms of mental illness. You will learn about schizophrenia, bi-polar disorder, depression and anxiety and how these may present themselves.

Module 2 - Staying well and recovery: In this module we will look at the Mental Health Act, this the main piece of legislation that covers the assessment, treatment and rights of people with a mental health disorder. We provide an overview of the various interventions and support available and the types of medications that can be prescribed. We also look at the consequences of having a diagnosis and tips for promoting good mental health.